

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Pantothenic acid (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: July 12, 2016 06:08 EDT

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	12.443
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	12.443
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	12.443
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	11.639
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	11.125
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	10.812
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	10.080
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	10.005
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	10.001
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	10.001
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	10.000
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	10.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	10.000
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	10.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	10.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	10.000
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	9.455
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	9.455
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	9.372
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	9.372
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	9.014
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	9.014
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	9.014
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	8.932
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	8.866
20060	Rice bran, crude	118.0	1.0 cup	8.720
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	8.642

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	8.330
01115	Whey, sweet, dried	145.0	1.0 cup	8.149
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	7.632
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.480
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	6.457
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	6.294
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	6.097
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	6.072
05150	Goose, liver, raw	94.0	1.0 liver	5.813
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	5.704
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	5.624
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	5.555
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	5.380
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	5.244
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	5.211
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	5.211
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	5.208
11230	Pepeao, dried	24.0	1.0 cup	5.154
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	5.000
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	4.898
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	4.835
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	4.779
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	4.750
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	4.747
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	4.746
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	4.740
01133	Egg, whole, dried	85.0	1.0 cup, sifted	4.718
05305	Ground turkey, raw	453.6	1.0 lb	4.504
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	4.491
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	4.437
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	4.308
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	4.307
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	4.221
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	4.161
16069	Lentils, raw	192.0	1.0 cup	4.109

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	4.065
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	4.058
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	4.030
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	4.022
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	4.000
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	4.000
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	3.998
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	3.973
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	3.954
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	3.954
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.898
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	3.874
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.848
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	3.728
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	3.659
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.645
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.642
16059	Chili with beans, canned	256.0	1.0 cup	3.635
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	3.624
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	3.611
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	3.582
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	3.525
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.490
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	3.463
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	3.370
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3.370
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.366
09038	Avocados, raw, California	230.0	1.0 cup, pureed	3.365
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	3.357
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	3.306
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	3.301
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	3.240
01113	Whey, acid, dried	57.0	1.0 cup	3.210
05621	Emu, ground, raw	117.0	1.0 patty	3.206
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	3.176
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	3.167

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	3.100
11426	Pumpkin pie mix, canned	270.0	1.0 cup	3.070
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.049
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	3.037
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3.020
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	3.009
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	3.000
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	2.982
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	2.965
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.962
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	2.934
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	2.932
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	2.925
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.907
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.903
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.898
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	2.879
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	2.837
20070	Triticale flour, whole-grain	130.0	1.0 cup	2.817
20001	Amaranth grain, uncooked	193.0	1.0 cup	2.812
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.811
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	2.743
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.729
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	2.721
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	2.718
19304	Molasses	337.0	1.0 cup	2.709
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.698
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	2.686
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	2.680
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	2.677
19355	Syrups, sorghum	330.0	1.0 cup	2.653
16093	Peanuts, valencia, raw	146.0	1.0 cup	2.641
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.623
36027	DENNY'S, chicken strips	194.0	1.0 serving	2.619
06121	Gravy, mushroom, canned	238.0	1.0 cup	2.618
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	2.617

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	2.617
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.599
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.598
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	2.597
20078	Wheat germ, crude	115.0	1.0 cup	2.596
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	2.595
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	2.587
16091	Peanuts, spanish, raw	146.0	1.0 cup	2.583
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	2.574
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	2.574
16095	Peanuts, virginia, raw	146.0	1.0 cup	2.568
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.555
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	2.550
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	2.543
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	2.540
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	2.540
20069	Triticale	192.0	1.0 cup	2.540
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	2.536
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	2.533
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.523
20090	Rice flour, brown	158.0	1.0 cup	2.514
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	2.501
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	2.500
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	2.500
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	2.500
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.498
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	2.497
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	2.496
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.486
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	2.469
20062	Rye grain	169.0	1.0 cup	2.461
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	2.459
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	2.440
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	2.433
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	2.433
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	2.417

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.412
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.411
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	2.400
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	2.369
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	2.360
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	2.342
05626	Emu, full rump, raw	85.0	3.0 oz	2.335
05631	Emu, oyster, raw	85.0	3.0 oz	2.333
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	2.314
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	2.314
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	2.306
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	2.302
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.278
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	2.278
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	2.276
05628	Emu, inside drum, raw	85.0	3.0 oz	2.273
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	2.248
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	2.244
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	2.244
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	2.215
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	2.214
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	2.200
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	2.196
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	2.193
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	2.193
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.192
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	2.190
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	2.174
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	2.173
11432	Radishes, oriental, dried	116.0	1.0 cup	2.151
20028	Couscous, dry	173.0	1.0 cup	2.150
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.142
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	2.141
05630	Emu, outside drum, raw	85.0	3.0 oz	2.125
05625	Emu, flat fillet, raw	85.0	3.0 oz	2.111
20038	Oats	156.0	1.0 cup	2.104

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.100
20008	Buckwheat	170.0	1.0 cup	2.096
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	2.095
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	2.095
16117	Soy flour, defatted	105.0	1.0 cup	2.095
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	2.094
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	2.088
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	2.084
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.075
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	2.060
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	2.054
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	2.046
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	2.046
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	2.027
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	2.022
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	2.019
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2.009
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	2.007
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	2.004
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	2.004
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.001
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.997
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.997
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	1.996
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.987
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.982
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.982
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.980
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.975
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.975
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.970
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	1.970
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.962
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	1.943

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.941
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.930
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	1.918
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	1.918
11987	Mushrooms, oyster, raw	148.0	1.0 large	1.915
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	1.906
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	1.906
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	1.902
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.901
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	1.885
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	1.876
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	1.876
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	1.875
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	1.874
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	1.870
20063	Rye flour, dark	128.0	1.0 cup	1.864
20140	Spelt, uncooked	174.0	1.0 cup	1.858
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	1.854
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	1.842
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1.838
20074	Wheat, hard white	192.0	1.0 cup	1.832
20072	Wheat, hard red winter	192.0	1.0 cup	1.832
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.820
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.820
20142	Teff, uncooked	193.0	1.0 cup	1.818
20071	Wheat, hard red spring	192.0	1.0 cup	1.795
20076	Wheat, durum	192.0	1.0 cup	1.795
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	1.790
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1.787
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.782
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.776
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	1.774
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1.768
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.765
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.765
14066	Beverages, Protein powder whey based	32.0	0.33 cup	1.765

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	1.755
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	1.752
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	1.752
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.744
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	1.738
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.734
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.733
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.731
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.731
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	1.719
20088	Wild rice, raw	160.0	1.0 cup	1.718
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.716
19061	Snacks, trail mix, tropical	140.0	1.0 cup	1.705
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	1.699
20031	Millet, raw	200.0	1.0 cup	1.696
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.694
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.686
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.681
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.679
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.678
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.677
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.676
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.667
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.667
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.662
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.654
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.651
16099	Peanut flour, defatted	60.0	1.0 cup	1.646
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	1.632
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.632
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	1.623
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.623
07911	Liverwurst spread	55.0	0.25 cup	1.622
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	1.620
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.617

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.608
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.608
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.583
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	1.581
01024	Cheese, limburger	134.0	1.0 cup	1.577
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.570
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.567
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.567
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	1.566
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.555
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.555
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.553
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	1.550
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.548
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.546
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.537
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	1.533
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	1.530
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	1.529
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.528
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.528
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.528
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	1.527
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	1.527
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	1.524
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.523
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.522
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.521
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.515
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.513
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.508
20647	Millet flour	119.0	1.0 cup	1.508
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.504
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.502
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.501

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	1.500
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	1.500
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.496
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.493
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.493
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	1.492
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.490
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	1.485
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.485
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.479
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.476
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.476
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.475
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.472
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.470
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.466
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.464
20012	Bulgur, dry	140.0	1.0 cup	1.463
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.459
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.454
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.454
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.452
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.450
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.447
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	1.445
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	1.442
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.442
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.439
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.436
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.435
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.435
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.435
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.433
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	1.432
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.430

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
20075	Wheat, soft white	168.0	1.0 cup	1.428
20073	Wheat, soft red winter	168.0	1.0 cup	1.428
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.423
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	1.423
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	1.418
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	1.418
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	1.418
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	1.418
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	1.418
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.414
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.414
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.413
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.407
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.407
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.406
20033	Oat bran, raw	94.0	1.0 cup	1.404
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.404
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.402
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	1.393
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	1.393
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	1.391
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.390
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.388
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.385
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.385
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.377
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.375
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.374
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	1.371
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	1.371
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.368
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.368
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	1.364
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.361
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.361
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.361

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	1.360
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.356
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	1.352
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.352
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.351
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1.350
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	1.350
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	1.348
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	1.348
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.348
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.347
21083	Fast foods, taco salad	198.0	1.5 cup	1.346
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.346
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.342
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.342
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	1.341
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.338
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.337
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	1.336
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	1.336
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	1.336
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	1.336
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.336
11414	Potato salad, home-prepared	250.0	1.0 cup	1.335
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.334
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	1.334
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.332
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.332
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.332
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	1.326
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	1.326
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.325
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.322
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.317
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.315
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.315

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16106	Meat extender	88.0	1.0 cup	1.313
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.312
20035	Quinoa, uncooked	170.0	1.0 cup	1.312
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.311
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.311
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.311
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.310
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.307
11514	Sweet potato, canned, mashed	255.0	1.0 cup	1.306
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	1.305
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.305
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	1.305
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.303
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	1.301
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.301
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.301
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.298
20061	Rice flour, white, unenriched	158.0	1.0 cup	1.294
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.292
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	1.292
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.291
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	1.287
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	1.287
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.282
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.282
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	1.277
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	1.276
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.276
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	1.275
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.273
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	1.271
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.271

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.270
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.270
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	1.270
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	1.265
20077	Wheat bran, crude	58.0	1.0 cup	1.265
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	1.263
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	1.263
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.262
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	1.259
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	1.259
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	1.257
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.256
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.256
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.254
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	1.250
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	1.247
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.246
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.246
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.243
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	1.243
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.242
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.241
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	1.239
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	1.239
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	1.238
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.238
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	1.235
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.231
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.231
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	1.230
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	1.228
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.224
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.224
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.223
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	1.222
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.215

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.212
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	1.210
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.210
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.207
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.207
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.206
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.205
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	1.205
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.201
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.198
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.198
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.197
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.196
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.190
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.190
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.188
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	1.185
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.183
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.182
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.182
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.179
05641	Ostrich, ground, raw	109.0	1.0 patty	1.177
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.176
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	1.174
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	1.174
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	1.174
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.173
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.173
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.172
11618	Eppaw, raw	100.0	1.0 cup	1.172
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	1.167
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	1.167

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	1.166
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	1.166
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	1.165
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.164
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.164
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	1.163
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.162
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.160
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.160
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.159
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.156
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.156
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.156
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	1.155
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.153
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.148
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.145
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.144
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.143
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	1.143
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.142
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.141
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	1.141
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.141
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.137
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.136
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.135
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.135
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	1.135
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.133
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	1.133
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.131

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.131
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.130
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.130
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.130
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.130
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.128
11955	Tomatoes, sun-dried	54.0	1.0 cup	1.127
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	1.126
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.125
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.125
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.125
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.123
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.123
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.122
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.122
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.122
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.120
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.119
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	1.119
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.117
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.117
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	1.115
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.114
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.114
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.113
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.113
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.112
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.111
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	1.109
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.106
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	1.106
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.105

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.105
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.105
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.105
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	1.104
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.101
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	1.100
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	1.100
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	1.100
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	1.098
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.096
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.095
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.093
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	1.091
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.091
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.090
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	1.089
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	1.089
11683	Carrot, dehydrated	74.0	1.0 cup	1.089
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.088
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	1.088
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	1.088
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	1.086
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.083
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.080
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	1.080
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.080
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.080
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	1.080
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	1.077
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	1.077
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.076
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	1.075
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.073
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.073
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.073
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.071

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	1.071
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.071
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.071
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	1.071
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	1.070
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	1.070
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.067
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.066
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.066
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.066
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.066
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.066
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.065
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.064
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	1.064
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.062
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.062
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.062
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	1.062
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	1.061
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.061
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	1.061
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	1.060
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	1.059
01057	Eggnog	254.0	1.0 cup	1.059
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.058
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.056
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	1.056
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.055
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	1.054
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	1.053
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.050
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	1.048
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	1.048
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	1.047
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.046

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.046
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	1.045
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.045
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.045
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.044
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.042
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	1.041
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	1.040
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.038
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.037
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.037
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	1.037
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.036
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	1.033
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	1.033
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.033
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.031
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.030
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.028
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.028
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.028
20087	Wheat, sprouted	108.0	1.0 cup	1.023
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.022
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.020
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.020
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.020
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.020
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.020
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.019
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	1.018
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.017
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.017
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.017
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.017

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.016
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.016
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	1.015
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	1.014
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.012
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	1.012
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	1.012
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.011
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.011
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.008
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	1.008
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.007
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.007
36610	DENNY'S, french fries	165.0	1.0 serving	1.006
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.006
09059	Breadfruit, raw	220.0	1.0 cup	1.005
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.005
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.003
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.003
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.003
07040	Liver cheese, pork	28.35	1.0 oz	1.002
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.002
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.002
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.002
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	1.001
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	1.001
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	1.000
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.000
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	1.000
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.999
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.998
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.998
01109	Milk, sheep, fluid	245.0	1.0 cup	0.997
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.996
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.994
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.994

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.994
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.992
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.992
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.992
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.992
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.991
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.990
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.990
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.990
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.989
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.989
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.989
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.987
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.986
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.986
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.986
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.986
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.986
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.986
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.985
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.984
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.984
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.984
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.984
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.983
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.982
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.981
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.981
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.980
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.980
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.980
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.980
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.980
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.979
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.978

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.978
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.976
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.975
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.975
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.974
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.974
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.973
43128	Chicken, meatless	168.0	1.0 cup	0.973
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.969
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.969
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.969
20466	Semolina, unenriched	167.0	1.0 cup	0.969
20066	Semolina, enriched	167.0	1.0 cup	0.969
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.968
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.968
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.966
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.966
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.966
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.966
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.964
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.964
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.964
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.964
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.963
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.963
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.963
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.963
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.960
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.960
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.960
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.960
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.959
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.959
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.958
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.958
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.957

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.956
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.956
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.954
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.952
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.951
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.951
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.951
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.950
01021	Cheese, gjetost	28.35	1.0 oz	0.950
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.949
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.948
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.948
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.948
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.946
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.944
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.944
01114	Whey, sweet, fluid	246.0	1.0 cup	0.942
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.941
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.940
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.939
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.939
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.938
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.938
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.938
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.938
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.938
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.938
01112	Whey, acid, fluid	246.0	1.0 cup	0.937
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.937
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.936
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.936
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.935
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.935
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.935
20131	Barley malt flour	162.0	1.0 cup	0.935
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.934

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.932
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.932
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.932
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.932
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.932
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.931
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.929
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.927
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.927
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.927
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.927
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.927
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.927
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.926
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.926
16100	Peanut flour, low fat	60.0	1.0 cup	0.926
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.925
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.925
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.925
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.925
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.925
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.925
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.924
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.922
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.922
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.921
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.921
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.920
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.918
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.918
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.918
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.917

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.917
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.917
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.917
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.917
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.916
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.916
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.916
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.916
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.915
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.914
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.914
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.914
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.912
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.912
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.911
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.911
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.910
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.910
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.910
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.910
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.910
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.910
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.910
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.910
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.909
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.909
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.908
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.907
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.907
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.907
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.906
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.906

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.905
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.904
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.903
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.902
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.902
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.902
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.902
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.902
07024	Frankfurter, chicken	85.0	3.0 oz	0.901
11527	Tomatoes, green, raw	180.0	1.0 cup	0.900
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.899
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.899
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.899
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.899
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.898
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.898
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.898
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.897
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.897
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.896
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.896
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.894
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.893
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.892
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.892
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.892
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.892
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.889
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.889
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.889
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.888
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.888
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.888
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.888
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.887

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.887
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.886
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.884
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.884
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.884
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.884
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.884
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.884
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.883
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.882
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.882
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.881
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.881
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.881
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.881
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.879
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.879
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.877
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.877
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.876
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.876
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.876
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.876
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.876
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.875
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.875
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.875
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.874
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.874
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.871
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.871
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.871
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.871
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.871
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.870

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.870
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.870
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.869
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.868
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.867
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.866
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.866
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.866
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.865
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.864
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.863
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.863
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.863
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.863
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.863
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.863
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.862
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.861
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.860
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.860
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.860
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.860
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.859
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.859
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.859
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.858
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.858
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.858
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.858
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.858
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.857
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.856
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.856
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.856
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.855
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.855

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.855
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.854
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.853
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.853
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.853
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.853
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.853
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.852
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.851
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.850
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.850
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.850
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.850
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.848
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.846
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.846
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.845
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.845
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.845
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.844
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.842
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.842
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.842
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.842
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.842
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.842
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.842
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.842
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.841
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.838
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.837

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.837
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.836
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.835
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.833
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.833
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.833
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.833
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.832
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.831
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.831
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.831
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.831
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.831
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.831
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.831
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.831
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.830
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.830
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.829
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.829
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.828
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.828
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.827
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.827
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.826
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.825
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.824
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.823
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.823
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.823
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.823
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.822
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.821
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.820
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.820

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.820
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.818
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.818
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.818
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.818
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.817
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.817
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.816
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.816
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.816
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.816
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.815
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.815
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.815
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.814
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.814
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.814
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.813
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.812
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.811
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.811
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.811
11215	Garlic, raw	136.0	1.0 cup	0.811
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.810
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.810
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.810
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.810
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.810
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.809
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.809
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.809
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.809
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.808

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.808
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.808
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.807
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.806
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.806
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.805
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.803
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.803
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.803
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.802
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.802
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.802
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.802
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.802
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.802
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.801
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.801
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.800
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.800
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.800
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.800
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.799
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.798
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.798
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.798
11298	Parsnips, raw	133.0	1.0 cup slices	0.798
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.796
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.796
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.796
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.796
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.796
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.796

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.795
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.795
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.795
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.795
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.794
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.794
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.793
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.793
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.793
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.792
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.792
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.792
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.792
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.792
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.790
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.790
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.790
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.790
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.790
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.790
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.789
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.789
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.789
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.788
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.788
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.788
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.788
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.788
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.788
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.788
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.787
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.786
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.785
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.785

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.784
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.783
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.783
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.783
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.782
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.782
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.782
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.782
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.782
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.782
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.781
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.781
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.780
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.779
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.779
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.779
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.779
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.779
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.779
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.778
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.778
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.776
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.775
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.774
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.774
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.774
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.774
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.773
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.773
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.771
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.770
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.770

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.769
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.769
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.768
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.768
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.768
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.768
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.767
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.767
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.767
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.767
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.766
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.766
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.766
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.766
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.765
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.765
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.765
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.765
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.765
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.765
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.765
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.765
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.765
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.765
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.765
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.765
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.765
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.765
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.764
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.764
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.764
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.764
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.764
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.764
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.764

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.763
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.760
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.760
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.760
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.760
11413	Potato flour	160.0	1.0 cup	0.758
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.758
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.758
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.758
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.758
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.758
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.757
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.757
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.757
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.757
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.756
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.756
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.755
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.755
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.753
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.752
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.752
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.752
09040	Bananas, raw	225.0	1.0 cup, mashed	0.752
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.750
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.750
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.749
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.749
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.749
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.748
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.748
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.748
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.747
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.747

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.746
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.746
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.746
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.746
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.745
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.745
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.745
09139	Guavas, common, raw	165.0	1.0 cup	0.744
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.744
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.743
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.742
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.742
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.742
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.742
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.742
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.741
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.741
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.740
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.740
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.740
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.740
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.740
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.740
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.740
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.740
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.740
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.740
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.740
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.739
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.738
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.738
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.738

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.738
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.738
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.737
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.736
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.736
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.735
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.735
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.735
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.735
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.735
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.735
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.735
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.735
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.735
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.735
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.735
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.734
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.734
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.734
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.733
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.733
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.733
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.732
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.732
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.732
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.732
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.732
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.731
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.731
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.731
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.731
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.730
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.730
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.730

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.729
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.729
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.728
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.728
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.728
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.728
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.728
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.728
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.728
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.728
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.728
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.728
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.727
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.727
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.726
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.726
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.725
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.725
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.725
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.724
05158	Quail, meat only, raw	92.0	1.0 quail	0.724
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.724
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.724
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.723
17162	Game meat, caribou, raw	28.35	1.0 oz	0.723
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.722
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.722
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.722
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.722
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.721
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.721

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.721
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.720
43132	Meatballs, meatless	144.0	1.0 cup	0.720
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.719
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.719
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.719
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.719
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.719
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.718
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.718
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.718
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.718
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.717
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.717
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.717
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.715
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.714
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.714
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.714
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.714
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.714
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.713
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.713
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.713
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.713
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.713
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	0.713
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.711
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.711
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.711
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.711
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.711
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.710

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.710
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.710
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.710
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.710
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.709
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.708
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.708
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.707
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.706
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.706
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.706
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.706
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.706
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.706
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.706
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.706
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.706
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.705
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.705
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.705
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.705
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.705
20067	Sorghum grain	192.0	1.0 cup	0.705
20014	Corn grain, yellow	166.0	1.0 cup	0.704
20314	Corn grain, white	166.0	1.0 cup	0.704
11349	Poi	240.0	1.0 cup	0.703
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.703
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.703
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.702
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.701
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.701
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.701
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.700
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.700
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.700

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.700
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.700
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.700
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.699
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.699
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.699
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.698
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.698
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.698
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.697
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.697
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.697
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.697
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.697
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.697
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.696
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.696
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.696
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.696
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.695
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.695
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.695
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.695
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.695
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.694
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.694
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.694
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.694
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.694
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.693
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.693
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.692
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.692

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.692
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.692
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.691
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.691
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.690
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.690
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.690
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.689
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.689
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.689
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.689
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.689
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.689
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.689
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.687
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.687
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.686
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.686
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.685
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.685
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.685
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.684
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.683
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.682
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.682
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.682
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.681
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.681

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.681
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.680
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.680
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.679
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.679
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.679
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.679
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.679
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.679
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.679
20065	Rye flour, light	102.0	1.0 cup	0.678
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.678
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.678
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.678
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.677
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.677
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.677
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.676
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.674
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.674
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.674
12061	Nuts, almonds	143.0	1.0 cup, whole	0.674
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.673
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.673
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.673
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.673
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.672
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.672
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.672
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.672
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.672
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.672

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.671
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.671
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.670
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.669
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.668
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.668
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.668
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.668
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.667
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.667
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.667
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.667
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.666
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.666
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.666
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.665
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.665
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.665
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.664
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.663
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.662
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.661
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.661
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.660
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.660
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.660
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.660
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.660
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.660
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.660
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.659
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.659

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.659
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.659
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.659
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.659
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.659
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.659
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.659
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.658
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.658
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.657
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.656
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.656
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.655
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.655
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.655
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.655
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.655
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.654
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.654
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.653
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.653
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.653
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.653
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.653
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.652
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.652
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.651
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.651
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.651
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.651
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.651

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.651
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.651
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.651
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.651
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.651
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.651
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.650
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.650
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.650
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.649
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.649
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.648
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.647
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.647
09094	Figs, dried, uncooked	149.0	1.0 cup	0.647
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.646
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.646
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.646
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.646
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.646
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.645
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.644
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.644
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.644
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.644
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.644
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.644
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.644
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.643
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.643
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.642
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.641
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.640

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.640
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.639
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.638
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.638
15112	Fish, tilefish, raw	85.0	3.0 oz	0.638
15045	Fish, lingcod, raw	85.0	3.0 oz	0.638
15074	Fish, sablefish, raw	85.0	3.0 oz	0.638
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.638
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.638
15090	Fish, scup, raw	85.0	3.0 oz	0.638
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.638
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.638
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.638
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.638
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.638
15094	Fish, shad, american, raw	85.0	3.0 oz	0.638
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.638
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.638
15008	Fish, carp, raw	85.0	3.0 oz	0.638
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.638
15053	Fish, milkfish, raw	85.0	3.0 oz	0.638
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.638
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.638
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.638
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.638
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.638
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.638
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.638
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.637
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.637
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.637
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.637
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.637
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.636

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.636
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.635
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.634
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.634
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.634
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.633
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.633
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.633
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.633
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.633
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.632
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.632
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.631
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.631
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.631
36031	DENNY'S, onion rings	166.0	1.0 serving	0.631
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.631
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.630
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.629
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.629
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.629
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.629
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.629
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.629
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.629
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.629
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.629
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.629
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.629
01035	Cheese, provolone	132.0	1.0 cup, diced	0.628

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.628
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.628
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.627
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.627
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.627
20013	Bulgur, cooked	182.0	1.0 cup	0.626
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.626
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.625
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.624
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.624
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.623
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.623
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.623
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.623
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.623
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.622
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.622
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.622
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.622
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.621
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.620
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.620
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.620
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.620
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.620
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.620
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.620
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.620
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.620
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.619
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.619
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.619

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.619
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.618
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.618
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.618
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.618
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.617
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.617
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.617
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.616
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.616
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.616
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.616
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.616
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.616
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.616
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.616
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.616
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.616
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.616
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.615
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.615
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.615
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.615
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.615
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.615
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.614
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.614
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.614
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.614
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.613
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.613

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.613
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.613
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.613
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.613
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.612
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.612
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.612
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.612
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.612
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.612
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.612
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.612
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.612
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.612
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.611
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.610
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.610
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.610
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.609
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.607
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.607
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.606
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.606
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.606
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.606
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.605
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.605
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.604
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.604
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.603
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.603

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.603
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.603
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.603
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.603
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.603
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.603
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.603
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.603
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.603
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.602
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.602
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.601
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.601
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.601
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.600
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.600
07005	Blood sausage	100.0	4.0 slices	0.600
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.600
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.600
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.599
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.599
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.598
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.598
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.597
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.596
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.596
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.596
11658	Spinach souffle	136.0	1.0 cup	0.596
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.596
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.595
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.595
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.595

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.595
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.595
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.595
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.595
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.595
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.594
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.594
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.594
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.593
15013	Fish, cisco, raw	79.0	1.0 fillet	0.592
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.592
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.592
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.592
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.592
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.592
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.592
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.591
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.591
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.591
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.591
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.591
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.591
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.590
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.589
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.589
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.588
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.588
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.586
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.586
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.586
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.586
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.586

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.586
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.586
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.586
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.586
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.586
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.586
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.586
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.586
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.585
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.585
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.585
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.585
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.585
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.585
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.584
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.583
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.583
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.583
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.583
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.583
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.582
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.582
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.582
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.582
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.581
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.581
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.581
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.581
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.581
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.581
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.581

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.581
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.581
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.580
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.580
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.580
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.579
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.579
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.579
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.578
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.578
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.578
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.578
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.578
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.578
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.578
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.578
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.578
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.578
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.578
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.578
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.578
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.578
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.577
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.577
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.577
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.576
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.576
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.576
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.576
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.576
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.576

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.576
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.575
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.575
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.575
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.575
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.574
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.574
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.574
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.574
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.573
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.573
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.573
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.572
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.572
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.572
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.571
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.571
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.570
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.570
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.570
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.570
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.570
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.570
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.570
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.570
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.570
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.570
17142	Veal, ground, raw	85.0	3.0 oz	0.570
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.570
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.570

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.570
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.570
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.569
09315	Soursop, raw	225.0	1.0 cup, pulp	0.569
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.569
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.569
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.569
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.569
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.568
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.568
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.568
19352	Syrups, malt	332.0	1.0 cup	0.568
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.566
01020	Cheese, fontina	132.0	1.0 cup, diced	0.566
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.566
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.566
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.566
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.566
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.565
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.565
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.565
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.565
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.565
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.564
36030	DENNY'S, hash browns	124.0	1.0 serving	0.564
20005	Barley, pearled, raw	200.0	1.0 cup	0.564
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.564
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.564
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.563
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.563
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.563
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.563
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.563

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.562
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.562
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.562
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.562
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.561
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.561
09205	Oranges, raw, with peel	170.0	1.0 cup	0.561
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.561
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.561
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.561
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.561
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.561
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.561
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.561
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.560
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.560
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.560
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.560
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.560
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.559
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.559
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.559
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.559
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.559
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.559
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.559
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.559

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.558
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.558
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.558
16157	Chickpea flour (besan)	92.0	1.0 cup	0.558
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.557
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.557
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.557
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.556
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.556
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.556
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.556
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.555
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.555
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.555
22971	Potato salad with egg	125.0	0.5 cup	0.554
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.554
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.552
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.552
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.552
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.552
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.552
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.552
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.552
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.552
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.552
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.552
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.552
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.552
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.552
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.552
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.551
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.551
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.551

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.551
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.551
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.550
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.550
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.550
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.550
11141	Celeriac, raw	156.0	1.0 cup	0.549
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.549
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.549
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.549
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.549
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.548
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.548
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.548
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.548
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.548
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.548
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.548
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.548
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.548
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.548
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.547
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.547
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.547
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.547
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.547
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.547
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.547
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.546
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.546
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.546
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.546
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.545
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.545

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.544
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.544
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.544
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.544
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.544
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.544
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.544
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.544
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.544
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.544
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.543
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.542
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.542
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.542
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.542
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.542
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.541
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.541
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.541
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.541
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.541
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.540
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.540
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.540
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.539
11655	Carrot juice, canned	236.0	1.0 cup	0.538
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.538
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.537
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.537
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.537
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.536
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.536
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.536
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.536
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.536
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.536

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.536
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.536
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.536
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.536
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.535
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.535
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.534
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.534
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.534
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.534
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.533
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.532
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.532
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.532
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.532
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.531
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.531
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.531
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.531
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.531
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.530
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.530
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.530
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.530
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.530
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.530
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.530
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.530
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.529
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.529
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.529
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.528
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.528
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.528

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.528
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breadding removed	44.0	1.0 wing, without skin	0.528
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.528
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.528
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.528
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.527
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.527
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.527
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.527
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.527
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.526
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.526
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.526
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.526
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.525
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.525
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.525
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.525
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.525
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.525
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.524
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.523
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.522
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.522
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.522
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.522
11090	Broccoli, raw	91.0	1.0 cup chopped	0.521
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.521
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breadding removed	40.0	1.0 drumstick, bone and skin removed	0.520
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.520
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.520
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.520

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.519
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.519
20004	Barley, hulled	184.0	1.0 cup	0.519
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.519
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.518
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.518
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.518
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.518
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.518
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.518
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.518
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.518
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.518
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.518
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.518
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.518
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.518
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.518
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.518
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.518
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.518
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.518
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.518
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.518
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.518
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.518
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.518
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.517
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.517
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.516
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.516
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.516
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.516
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.515

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.514
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.514
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.514
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.513
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.513
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.513
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.511
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.511
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.511
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.510
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.510
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.510
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.510
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.510
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.510
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.510
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.510
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.508
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.508
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.508
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.507
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.507
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.506
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.506
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.506
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.506
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.506
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.506
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.506
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.505
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.505
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.505
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.505
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.505
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.505
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.504

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.504
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.504
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.504
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.504
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.504
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.504
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.503
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.503
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.503
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.502
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.502
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.502
20064	Rye flour, medium	102.0	1.0 cup	0.502
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.502
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.502
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.502
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.502
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.502
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.502
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.502
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.502
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.502
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.502
16087	Peanuts, all types, raw	28.35	1.0 oz	0.501
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.501
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.501
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.501
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.500
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.500
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.499
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.499
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.498
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.498

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.498
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.498
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.497
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.497
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.497
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.497
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.497
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.497
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.497
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.497
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.497
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.496
09002	Acerola juice, raw	242.0	1.0 cup	0.496
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.496
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.496
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.494
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.493
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.493
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.493
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.493
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.493
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.493
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.493
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.493
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.493
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.493
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.493
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.493
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.493
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.492
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.492
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.492
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.492
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.492
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.491

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.491
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.491
01039	Cheese, roquefort	28.35	1.0 oz	0.491
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.490
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.490
01004	Cheese, blue	28.35	1.0 oz	0.490
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.490
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.490
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.489
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.488
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.487
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.487
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.487
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.486
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.486
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.486
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.486
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.486
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.486
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.486
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.486
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.485
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.485
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.485
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.485
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.485
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.485
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.484
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.484
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.484
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.484
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.484
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.484
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.484
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.484
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.484

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.484
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.483
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.483
20015	Corn bran, crude	76.0	1.0 cup	0.483
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.483
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.483
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.482
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.482
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.482
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.482
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.482
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.481
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.481
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.481
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.481
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.481
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.481
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.480
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.480
15103	Fish, spot, raw	64.0	1.0 fillet	0.480
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.480
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.480
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.480
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.479
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.479
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.477
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.477
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.477
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.476
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.476
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.476
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.476
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.476
20034	Oat bran, cooked	219.0	1.0 cup	0.475
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.475
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.475

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.474
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.474
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.474
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.473
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.473
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.472
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.472
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.472
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.472
09206	Orange juice, raw	248.0	1.0 cup	0.471
11601	Yam, raw	150.0	1.0 cup, cubes	0.471
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.471
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.471
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.471
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.471
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.471
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.471
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.470
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.470
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.470
21127	Fast foods, coleslaw	191.0	1.0 cup	0.470
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.469
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.469
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.469
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.469
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.469
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.469
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.469
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.469
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.469
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.469
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.468
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.468
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.468

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.468
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.468
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.468
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.468
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.468
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.468
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.467
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.467
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.467
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.467
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.467
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.467
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.466
01040	Cheese, swiss	132.0	1.0 cup, diced	0.466
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.466
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.466
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.466
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.465
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.464
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.464
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.464
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.464
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.464
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.464
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.463
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.463
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.463
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.462
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.462
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.462
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.462
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.462
16114	Tempeh	166.0	1.0 cup	0.461
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.461

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.461
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.461
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.461
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.461
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.461
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.461
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.461
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.461
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.460
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.460
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.460
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.459
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.459
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.459
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.459
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.459
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.459
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.459
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.459
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.459
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.458
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.458
09446	Plantains, green, fried	118.0	1.0 cup	0.458
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.457
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.457
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.457
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.456
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.456
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.456
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.456
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.455

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.455
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.455
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.455
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.455
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.455
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.455
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.455
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	227.0	8.0 oz	0.454
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.454
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.453
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.452
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.452
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.452
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.451
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.451
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.451
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.451
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.451
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.451
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.451
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.451
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.451
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.451
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.451
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.451
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.451
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.451
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.450
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.450
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.450
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.450
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.450

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.450
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.450
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.450
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.450
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.450
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.449
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.449
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.449
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.449
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.449
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.449
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.448
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.448
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.448
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.448
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.448
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.447
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.447
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.447
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.446
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.446
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.446
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.446
09083	Currants, european black, raw	112.0	1.0 cup	0.446
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.446
11965	Cauliflower, green, raw	64.0	1.0 cup	0.445
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.445
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.445
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.445
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.445
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.444
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.444
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.444
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.444
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.444

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.443
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.443
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.443
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.443
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.442
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.442
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.442
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.442
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.442
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.442
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.442
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.442
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.441
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.441
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.441
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.441
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.441
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.441
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.441
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.440
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.440
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.440
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.440
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.440
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.439
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.439
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.439
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.439
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.439
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.439
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.438
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.438
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.438
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.437

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.437
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.437
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.437
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.437
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.437
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.437
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.436
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.436
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.436
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.436
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.436
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.435
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.435
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.435
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.435
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.435
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.435
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.434
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.434
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.433
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.433
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.433
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.432
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.432
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.432
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.431
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.431
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.431
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.431
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.430
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.429
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.429
09107	Gooseberries, raw	150.0	1.0 cup	0.429
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.428
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.428
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.426

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.426
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.426
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.426
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.425
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.425
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.425
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.425
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.425
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.425
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.425
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.425
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.425
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.423
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.423
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.423
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.423
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.422
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.422
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.422
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.422
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.422
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.421
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.421
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.421
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.421
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.421
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.421
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.421
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.421
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.421
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.420
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.420
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.420
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.420

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.420
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.419
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.419
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.418
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.418
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.418
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.418
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.418
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.416
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.416
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.416
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.416
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.416
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.416
07008	Bologna, beef and pork	100.0	3.527 oz	0.415
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.415
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.415
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.414
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.414
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.413
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.413
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.413
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.412
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.412
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.412
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.412
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.412
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.412
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.412
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.411
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.411
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.411
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.411
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.411
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.411

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.410
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.410
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.410
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.410
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.410
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.409
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.409
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.408
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.408
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.408
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.408
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.408
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.408
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.408
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.406
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.406
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.406
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.406
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.405
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.405
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.405
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.405
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.405
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.405
09302	Raspberries, raw	123.0	1.0 cup	0.405
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.405
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.405
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.405
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.404
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.404
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.404
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.404

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.403
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.403
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.403
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.403
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.402
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.402
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.400
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.400
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.400
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.400
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.400
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.400
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.399
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.399
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.399
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.398
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.398
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.398
09042	Blackberries, raw	144.0	1.0 cup	0.397
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.397
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.397
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.397
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.397
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.397
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.396
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.396
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.396
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.395
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.395
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.395
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.395
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.395
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.395
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.395
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.395
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.394

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.394
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.394
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.394
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.394
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.394
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.394
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.394
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.394
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.393
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.393
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.393
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.393
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.393
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.393
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.393
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.392
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.392
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.392
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.392
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.392
16005	Beans, baked, home prepared	253.0	1.0 cup	0.392
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.392
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.392
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.392
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.392
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.391
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.391
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.391
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.390
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.390
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.390
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.390
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.390

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.389
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.389
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.389
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.389
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.389
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.389
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.389
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.388
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.388
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.388
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.388
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.388
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.388
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.388
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.388
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.388
07939	Frankfurter, pork	76.0	1.0 link	0.387
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.387
01007	Cheese, camembert	28.35	1.0 oz	0.387
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.387
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.387
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.386
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.386
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.386
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.386
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.386
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.385
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.385
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.385
09277	Plantains, raw	148.0	1.0 cup, sliced	0.385
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.384
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.384
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.383
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.382
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.382

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.382
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.382
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.382
07059	Polish sausage, pork	85.0	3.0 oz	0.382
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.382
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.382
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.382
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.382
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.382
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.382
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.381
35147	Tamales (Navajo)	186.0	1.0 piece	0.381
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.381
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.381
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.381
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.381
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.380
01005	Cheese, brick	132.0	1.0 cup, diced	0.380
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.380
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.380
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.379
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.379
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.379
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.378
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.378
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.377
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.377
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.377
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.377
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.377
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.377
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.377

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.376
11450	Soybeans, green, raw	256.0	1.0 cup	0.376
16113	Natto	175.0	1.0 cup	0.376
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.376
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.375
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.375
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.374
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.374
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.374
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.374
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.374
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.374
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.374
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.373
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.373
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.373
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.373
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.373
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.372
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.372
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.372
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.372
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.372
09021	Apricots, raw	155.0	1.0 cup, halves	0.372
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.372
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.372
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.371
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.371
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.371
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.370
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.370
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.370
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.369

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.369
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.369
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.369
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.369
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.369
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.369
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.369
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.368
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.368
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.368
18968	Bagels, wheat	98.0	1.0 bagel	0.368
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.367
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.367
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.367
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.367
11011	Asparagus, raw	134.0	1.0 cup	0.367
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.367
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.366
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.366
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.366
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.366
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.366
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.366
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.365
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.364
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.364
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.364
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.364
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.364
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.364
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.363
21249	BURGER KING, french fries	74.0	1.0 small serving	0.363
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.362
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.362
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.362
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.362

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.362
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.362
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.362
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.360
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.360
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.360
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.360
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.360
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.360
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.360
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.359
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.359
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.359
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.359
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.358
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.358
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.358
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.357
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.357
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.357
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.357
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.357
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.357
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.356
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.356
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.355
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.355
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.355
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.354
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.354
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.354
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.354
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.353
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.353
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.353
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.353

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.353
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.353
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.353
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.352
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.352
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.352
21140	Side dishes, potato salad	95.0	0.333 cup	0.352
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.351
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.351
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.351
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.351
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.351
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.351
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.351
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.350
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.350
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.350
11124	Carrots, raw	128.0	1.0 cup chopped	0.349
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.349
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.349
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.349
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.349
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.349
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.349
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.349
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.349
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.348
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.348
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.348
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.348
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.348
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.347
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.347
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.347

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.347
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.347
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.347
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.346
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.346
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.346
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.346
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.346
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.346
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.345
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.345
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.345
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.345
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.345
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.344
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.344
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.344
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.343
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.343
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.343
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.343
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.343
15033	Fish, haddock, raw	85.0	3.0 oz	0.343
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.342
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.342
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.342
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.342
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.341
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.341
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.341
15022	Fish, cusk, raw	122.0	1.0 fillet	0.340
09326	Watermelon, raw	154.0	1.0 cup, balls	0.340
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.340
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.340
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.340

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.340
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.340
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.340
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.340
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.339
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.339
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.339
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.339
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.339
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.339
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.339
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.339
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.338
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.337
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.337
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.337
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.337
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.337
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.336
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.336
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.336
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.336
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.336
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.336
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.336
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.336
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.336
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.336
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.336
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.335
01144	Egg substitute, powder	9.9	0.35 oz	0.335
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.335
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.335
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.334

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.334
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.333
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.333
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.333
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.333
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.332
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.332
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.332
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.331
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.331
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.331
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.331
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.331
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.331
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.331
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.331
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.331
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.331
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.331
07052	Pastrami, turkey	57.0	2.0 slices	0.331
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.331
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.330
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.330
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.330
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.330
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.330
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.330
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.329
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.329
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.329
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.329
09095	Figs, dried, stewed	259.0	1.0 cup	0.329
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.329
11976	Pepper, banana, raw	124.0	1.0 cup	0.329

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.329
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.328
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.328
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.328
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.328
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.328
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.327
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.327
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.327
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.326
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.326
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.326
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.325
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.325
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.325
09176	Mangos, raw	165.0	1.0 cup pieces	0.325
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.325
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.325
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.325
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.324
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.324
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.324
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.323
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.323
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.323
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.323
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.323
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.323
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.323
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.322
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.322
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.321
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.321
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.321
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.321

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.321
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.320
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.320
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.320
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.320
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.320
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.320
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.320
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.320
09152	Lemon juice, raw	244.0	1.0 cup	0.320
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.320
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.319
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.319
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.319
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.319
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.319
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.319
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.318
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.318
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.318
07019	Chorizo, pork and beef	28.35	1.0 oz	0.318
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.318
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.317
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	0.317
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.316
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.316
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.316
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.316
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.316
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.316
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.316
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.315
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.315
11518	Taro, raw	104.0	1.0 cup, sliced	0.315
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.315

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.315
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.315
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.315
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.315
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.315
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.314
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.314
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.314
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.314
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.314
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.314
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.314
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.314
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.314
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.314
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.314
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.314
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.314
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.314
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.314
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.314
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.314
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.314
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.314
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.314
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.313
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.313
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.313
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.312
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.312
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.312
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.312
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.312
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.312
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.312

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.312
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.312
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.312
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.311
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.311
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.311
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.311
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.311
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.311
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.311
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.311
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.311
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.310
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.310
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.309
09221	Tangerine juice, raw	247.0	1.0 cup	0.309
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.308
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.308
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.308
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.308
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.308
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.308
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.307
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.307
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.307
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.307
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.307
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.306
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.306
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.306
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.306
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.306
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.306
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.306
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.306

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.306
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.306
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.306
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.306
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.306
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.306
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.306
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.306
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.306
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.305
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.305
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.305
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.305
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.305
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.305
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.305
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.304
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.304
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.304
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.304
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.304
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.304
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.304
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.304
21268	TACO BELL, Nachos	80.0	1.0 serving	0.304
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.304
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.304
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.303
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.303
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.303
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.303
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.303
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.303
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.303
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.303

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.303
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.302
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.302
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.302
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.302
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.302
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.302
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.302
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.301
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.301
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.301
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.301
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.301
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.301
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.301
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.301
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.301
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.301
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.301
07070	Salami, cooked, turkey	28.0	1.0 serving	0.301
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.300
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.300
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.300
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.300
21416	POPEYES, Coleslaw	120.0	1.0 package	0.300
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.300
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.299
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.299
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.299
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.298
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.298
09160	Lime juice, raw	242.0	1.0 cup	0.298
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.298
20032	Millet, cooked	174.0	1.0 cup	0.298
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.298

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.298
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.298
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.298
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.298
15110	Fish, swordfish, raw	85.0	3.0 oz	0.298
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.298
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.298
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.298
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.298
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.298
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.298
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.298
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.298
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.298
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.297
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.297
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.297
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.297
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.297
07921	Bacon and beef sticks	28.0	1.0 oz	0.297
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.297
07926	Salami, Italian, pork	28.0	1.0 oz	0.297
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.297
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.297
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.296
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.296
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.296
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.296
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.296
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.296
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.295
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.295
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.295
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.295
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.295

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.294
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.294
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.294
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.294
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.293
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.293
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.293
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.293
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.292
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.292
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.292
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.292
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.292
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.292
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.292
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.292
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.291
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.291
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.291
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.291
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.291
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.290
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.290
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.290
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.289
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.289
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.289
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.289
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.289
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.289
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.289
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.289
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.289
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.289

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.289
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.288
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.288
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.288
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.288
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.288
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.288
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.288
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.288
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.287
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.287
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.287
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.287
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.287
18283	Muffins, oat bran	28.35	1.0 oz	0.286
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.286
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.286
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.286
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.285
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.285
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.285
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.285
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.284
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.284
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.284
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.284
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.284
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.284
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.284
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.284
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.284
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.284
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.284
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.284
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.284

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.283
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.283
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.283
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.282
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.282
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.282
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.282
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.281
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.281
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.281
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.281
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.281
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.280
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.280
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.280
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.280
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.280
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.280
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.280
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.280
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.280
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.280
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.279
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.279
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.279
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.279
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.279
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.278
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.278
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.278
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.278
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.277
01025	Cheese, monterey	132.0	1.0 cup, diced	0.277
01011	Cheese, colby	132.0	1.0 cup, diced	0.277
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.277
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.277

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.277
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.277
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.277
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.277
43406	Yeast extract spread	6.0	1.0 tsp	0.276
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.276
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.276
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.276
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.275
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.275
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.275
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.275
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.275
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.275
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.274
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.274
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.274
09294	Prune juice, canned	256.0	1.0 cup	0.274
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.274
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.274
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.273
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.273
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.273
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.272
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.272
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.272
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.272
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.272
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.272
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.272
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.272
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.272
15044	Fish, ling, raw	85.0	3.0 oz	0.272

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.272
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.272
11098	Brussels sprouts, raw	88.0	1.0 cup	0.272
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.271
21420	KFC, Coleslaw	112.0	1.0 package	0.271
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.271
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.270
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.270
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.270
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.269
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.269
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.269
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.269
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.269
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.268
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.268
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.268
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.268
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.267
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.267
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.267
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.267
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.267
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.267
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.267
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.266
12059	Nuts, acorns, dried	28.35	1.0 oz	0.266
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.266
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.265
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.265
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.265
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.265
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.265

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.265
09191	Nectarines, raw	143.0	1.0 cup slices	0.265
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.264
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.264
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.264
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.264
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.264
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.264
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.264
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.264
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.264
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.264
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.264
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.264
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.264
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.264
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.264
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.264
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.263
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.263
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.263
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.262
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.262
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.262
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.262
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.262
18971	Bread, potato	32.0	1.0 slice	0.261
43299	Soybean, curd cheese	225.0	1.0 cup	0.261
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.261
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.261
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.261
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.261
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.261
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.261
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.260

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11564	Turnips, raw	130.0	1.0 cup, cubes	0.260
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.260
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.259
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.259
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.259
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.259
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.259
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.259
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.259
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.258
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.257
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.257
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.256
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.256
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.256
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.256
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.256
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.255
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.255
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.255
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.255
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.255
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.255
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.255
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.255
07971	Bologna, meat and poultry	33.0	1.0 slice	0.254
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.254
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.254
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.254
20030	Hominy, canned, white	165.0	1.0 cup	0.254
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.254
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.254
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.254

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.254
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.254
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.253
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.253
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.253
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.253
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.253
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.253
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.253
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.253
20089	Wild rice, cooked	164.0	1.0 cup	0.253
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.252
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.252
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.252
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.252
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.252
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.252
01030	Cheese, muenster	132.0	1.0 cup, diced	0.251
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.250
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.250
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.250
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.250
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.249
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.249
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.249
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.249
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.249
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.249
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.249
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.249
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.249
11143	Celery, raw	101.0	1.0 cup chopped	0.248
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.248
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.248
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.248
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.248

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.248
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.248
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.248
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.247
07068	Salami, cooked, beef	26.0	1.0 slice	0.247
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.247
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.247
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.247
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.247
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.246
20330	Hominy, canned, yellow	160.0	1.0 cup	0.246
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.246
11278	Okra, raw	100.0	1.0 cup	0.245
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.245
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.245
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.245
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.245
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.245
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.245
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.244
18239	Croissants, butter	28.35	1.0 oz	0.244
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.244
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.244
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.243
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.243
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.243
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.243
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.243
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.242
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.242
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.241
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.241
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.241
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.241

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.241
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.241
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.241
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.240
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.240
11297	Parsley, fresh	60.0	1.0 cup chopped	0.240
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.240
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.240
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.240
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.240
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.239
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.239
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.239
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.239
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.239
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.239
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.239
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.239
18241	Croissants, cheese	28.35	1.0 oz	0.239
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.239
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.238
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.238
18064	Bread, wheat	29.0	1.0 slice	0.238
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.238
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.238
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.237
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.237
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.237
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.237
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.237
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.236
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.236
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.236
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.236
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.236
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.236

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.235
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.235
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.235
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.235
19147	Candies, peanut bar	28.35	1.0 oz	0.235
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.235
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.235
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.235
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.235
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.234
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.234
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.234
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.234
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.234
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.233
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.233
18235	Crackers, whole-wheat	28.0	1.0 serving	0.233
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.233
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.233
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.232
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.232
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.231
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.231
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.231
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.231
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.231
19296	Honey	339.0	1.0 cup	0.231
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.230
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.230
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.230
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.230
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.230
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.230
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.230
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.230
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.230

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.229
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.229
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.228
21142	Fast food, biscuit	55.0	1.0 biscuit	0.228
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.228
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.228
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.228
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.228
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.227
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.227
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.227
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.227
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.227
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.227
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.226
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.226
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.226
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.226
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.226
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.226
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.226
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.225
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.225
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.225
11213	Endive, raw	25.0	0.5 cup, chopped	0.225
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.225
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.224
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.224
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.224
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.224
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.224
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.224
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.224
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.223
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.223
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.223

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.223
11241	Kohlrabi, raw	135.0	1.0 cup	0.223
09279	Plums, raw	165.0	1.0 cup, sliced	0.223
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.223
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.223
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.223
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.223
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.222
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.222
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.222
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.222
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.222
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.222
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.221
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.221
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.221
15128	Fish, tuna salad	85.0	3.0 oz	0.221
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.221
11134	Cassava, raw	206.0	1.0 cup	0.220
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.220
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.220
18059	Bread, rice bran	28.35	1.0 oz	0.220
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.220
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.220
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.220
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.220
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.220
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.219
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.219
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.219
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.219
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.219
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.218
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.218
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.218

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.218
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.218
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.217
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.217
07960	Bologna, chicken, pork	28.0	1.0 serving	0.217
01173	Egg, white, dried	28.0	1.0 oz	0.217
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.217
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.217
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.216
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.216
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.216
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.216
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.216
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.216
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.216
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.215
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.215
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.215
20130	Barley flour or meal	148.0	1.0 cup	0.215
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.214
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.214
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.214
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.214
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.213
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.213
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.213
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.213
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.212
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.212
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.212
20006	Barley, pearled, cooked	157.0	1.0 cup	0.212
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.212
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.212
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.211
11080	Beets, raw	136.0	1.0 cup	0.211
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.211

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.211
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.211
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.210
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.210
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.210
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.210
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.210
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.209
20132	Oat flour, partially debranned	104.0	1.0 cup	0.209
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.209
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.209
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.209
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.208
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.208
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.207
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.207
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.207
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.207
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.206
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.206
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.206
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.206
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.205
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.205
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.205
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.205
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.205
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.205
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.205
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.205
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.204
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.204
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.204
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.204

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.204
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.204
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.204
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.204
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.204
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.204
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.203
09088	Elderberries, raw	145.0	1.0 cup	0.203
12058	Nuts, acorns, raw	28.35	1.0 oz	0.203
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.202
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.202
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.202
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.202
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.202
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.202
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.202
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.202
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.202
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.202
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.202
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.202
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.202
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.201
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.201
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.201
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.201
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.201
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.201
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.201
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.201
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.201
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.201

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.201
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.201
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.200
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.200
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.200
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.199
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.199
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.199
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.199
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.199
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.199
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.199
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.198
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.198
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.198
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.198
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.198
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.198
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.198
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.197
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.197
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.197
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	0.197
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.197
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.197
18266	English muffins, whole-wheat	28.35	1.0 oz	0.197
11282	Onions, raw	160.0	1.0 cup, chopped	0.197
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.196
21419	KFC, biscuit	49.0	1.0 biscuit	0.196
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.196
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.196
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.196
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.196

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.196
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.196
01006	Cheese, brie	28.35	1.0 oz	0.196
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.196
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.196
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.196
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.196
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.196
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.196
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.196
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.196
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.195
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.195
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.195
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.195
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.195
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.194
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.194
11154	Chicory roots, raw	60.0	1.0 root	0.194
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.194
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.193
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.193
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.193
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.193
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.193
09421	Dates, medjool	24.0	1.0 date, pitted	0.193
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.193
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.193
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.193
01159	Cheese, goat, soft type	28.35	1.0 oz	0.193
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.193
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.193
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.193

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.193
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.192
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.192
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.192
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.192
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.192
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.192
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.192
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.192
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.192
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.192
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.192
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.192
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.192
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.191
11429	Radishes, raw	116.0	1.0 cup slices	0.191
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.191
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.191
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.191
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.191
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.191
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.191
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.190
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.190
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.190
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.190
18003	Bagels, egg	28.35	1.0 oz	0.190
09316	Strawberries, raw	152.0	1.0 cup, halves	0.190
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.190
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.190
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.190
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.190
19524	Snacks, taro chips	28.35	1.0 oz	0.189

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.189
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.189
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.189
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.189
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.189
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.189
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.188
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.188
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.188
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.188
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.188
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.188
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.188
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.188
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.187
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.187
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.187
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.187
18106	Coffeecake, fruit	28.35	1.0 oz	0.187
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.187
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.187
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.187
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.187
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.187
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.187
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.187
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.186
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.186
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.186
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.186
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.186
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.186
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.186
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.186
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.186

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.186
18344	Rolls, dinner, egg	28.35	1.0 oz	0.186
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.186
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.185
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.185
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.185
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.185
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.185
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.185
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.185
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.185
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.185
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.185
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.185
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.185
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.185
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.185
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.185
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.185
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.184
17224	Lamb, ground, raw	28.35	1.0 oz	0.184
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.184
11961	Hearts of palm, canned	146.0	1.0 cup	0.184
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.184
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.184
09050	Blueberries, raw	148.0	1.0 cup	0.184
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.183
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.183
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.183
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.183
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.183
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.183
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.183
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.183
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.182
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.182

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.182
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.182
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.182
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.182
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.182
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.181
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.181
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.181
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.181
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.181
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.181
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.181
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.181
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.181
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.181
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.181
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.180
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.180
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.180
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.180
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.180
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.180
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	0.180
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.180
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.180
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.180
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.180
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.180
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.179
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.179
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.179
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.179
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.179
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.179
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.179

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.179
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.179
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.179
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.179
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.179
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.178
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.178
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.178
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.178
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.178
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.178
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.178
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.177
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.177
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.177
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.177
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.177
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.177
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.177
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.177
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.177
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.177
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.177
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.176
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.176
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.176
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.176
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.176
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.176
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.176
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.176
19400	Snacks, banana chips	28.35	1.0 oz	0.176
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.176
09434	Guanabana nectar, canned	251.0	1.0 cup	0.176
09436	Mango nectar, canned	251.0	1.0 cup	0.176

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.176
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.175
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.175
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.175
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.175
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.175
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.175
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.175
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.175
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.174
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.174
15006	Fish, burbot, raw	116.0	1.0 fillet	0.174
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.174
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.174
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.174
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.173
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.173
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.173
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.173
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.173
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.173
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.172
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.172
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.172
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.172
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.172
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.172
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.172
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.171
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.171
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.171
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.171
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.171
11975	Grape leaves, canned	4.0	1.0 leaf	0.171
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.171

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.171
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.171
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.171
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.171
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.170
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.170
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.170
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.170
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.170
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.170
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.169
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.169
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.169
18240	Croissants, apple	28.35	1.0 oz	0.169
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.169
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.168
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.168
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.168
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.168
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.168
18972	Bread, cheese	48.0	1.0 slice	0.168
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.168
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.168
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.168
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.168
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.168
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.168
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.167
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.167
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.167
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.167
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.167
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.167
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.167
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.167
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.167

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.167
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.166
20003	Arrowroot flour	128.0	1.0 cup	0.166
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.166
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.166
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.166
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.166
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.166
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.166
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.165
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.165
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.165
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.165
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.165
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.165
18037	Bread, oat bran	28.35	1.0 oz	0.165
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.165
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.164
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.164
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.164
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.164
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.164
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.164
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.164
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.164
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.163
01031	Cheese, neufchatel	28.35	1.0 oz	0.163
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.163
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.163
16104	Bacon, meatless	144.0	1.0 cup	0.163
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.162
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.162
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.162
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.162
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.162
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.162

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.162
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.162
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.162
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.162
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.161
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.161
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.161
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.161
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.161
18021	Bread, boston brown, canned	28.35	1.0 oz	0.160
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.160
01023	Cheese, gruyere	28.35	1.0 oz	0.159
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.159
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.159
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.159
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.159
07025	Frankfurter, turkey	28.35	1.0 oz	0.159
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.159
01225	Dulce de Leche	19.0	1.0 tbsp	0.159
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.158
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.158
13350	Beef, cured, dried	28.0	10.0 slices	0.158
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.158
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.158
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.158
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.158
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.158
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.158
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.158
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.158
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.158
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.158
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.158
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.157
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.157

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09298	Raisins, seedless	165.0	1.0 cup, packed	0.157
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.157
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.157
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.156
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.156
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.156
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.156
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.156
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.156
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.156
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.156
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.156
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.156
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.156
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.156
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.156
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.156
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.156
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.156
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.155
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.155
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.155
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.155
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.155
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.155
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.155
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.155
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.155
09423	Prune puree	36.0	2.0 tbsp	0.155
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.155
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.155
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.154
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.154
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.154
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.153

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
03215	Babyfood, pretzels	28.35	1.0 oz	0.153
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.153
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.153
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.153
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.153
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.153
03217	Zwieback	28.35	1.0 oz	0.152
18066	Bread, wheat bran	28.35	1.0 oz	0.152
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.151
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.151
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.151
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.151
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.151
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.151
11304	Peas, green, raw	145.0	1.0 cup	0.151
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.151
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.151
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.151
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.151
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.151
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.150
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.150
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.150
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.150
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.150
03213	Babyfood, cookies	28.35	1.0 oz	0.150
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.150
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.150

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.150
11005	Arrowhead, raw	25.0	1.0 large	0.150
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.150
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.150
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.149
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.149
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.149
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.149
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.149
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.149
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.149
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.148
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.148
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.148
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.148
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.148
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.148
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.148
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.148
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.147
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.147
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.147
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.147
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.147
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.147
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.147
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.147
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.147
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.147
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.146

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
01238	Ice cream sandwich	70.0	1.0 serving	0.146
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.146
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.146
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.146
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.146
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.146
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.145
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.145
18025	Bread, cracked-wheat	28.35	1.0 oz	0.145
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.145
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.145
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.145
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.145
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.145
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.145
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.145
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.144
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.144
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.144
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.144
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.144
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.144
11963	Nopales, raw	86.0	1.0 cup, sliced	0.144
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.143
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.143
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.143
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.143
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.143
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.143
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.142
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.142
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.142
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.142

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.142
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.142
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.142
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.142
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.142
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.141
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.141
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.141
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.141
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.141
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.140
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.140
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.140
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.140
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.140
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.140
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.140
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.140
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.140
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.140
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.140
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.140
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.139
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.139
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.139
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.139
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.139
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.139
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.139
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.139
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.139
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.139
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.139
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.139
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.139

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.139
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.139
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.139
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.139
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.139
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.138
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.138
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.138
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.138
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.137
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.137
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.137
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.137
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.137
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.137
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.136
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.136
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.136
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.136
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.136
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.136
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.136
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.136
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.136
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.136
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.136
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.135
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.135
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.135
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.135
09229	Papaya nectar, canned	250.0	1.0 cup	0.135
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.135
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.135

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.135
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.135
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.135
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.134
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.134
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.134
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.134
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.134
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.134
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.134
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.134
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.134
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.134
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.134
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.133
07061	Mother's loaf, pork	28.35	1.0 oz	0.133
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.133
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.133
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.133
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.133
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.133
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.133
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.133
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.133
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.133
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.133
18236	Cracker meal	28.35	1.0 oz	0.132
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.132
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.132
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.132
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.132
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.132
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.132
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.132

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.132
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.132
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.132
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.132
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.132
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.131
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.131
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.131
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.131
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.131
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.131
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.131
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.131
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.131
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.131
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.131
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.131
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.131
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.131
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.131
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.131
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.131
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.131
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.130
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.130
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.130
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.130
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.130
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.130
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.130
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.130
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.130
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.130
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.130

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.129
18065	Bread, wheat, toasted	28.35	1.0 oz	0.129
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.129
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.129
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.129
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.129
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.129
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.129
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.128
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.128
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.128
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.128
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.128
18349	Rolls, french	28.35	1.0 oz	0.128
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.128
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.128
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.128
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.128
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.128
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.128
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.128
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.128
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.128
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.128
15054	Fish, monkfish, raw	85.0	3.0 oz	0.128
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.128
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.128
18967	Bread, white wheat	28.0	1.0 slice	0.127
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.127
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.127
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.127
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.127
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.127
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.127
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.127
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.126

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.126
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.126
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.126
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.126
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.126
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.126
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.126
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.126
18264	English muffins, wheat	28.35	1.0 oz	0.126
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.126
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.126
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.126
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.126
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.126
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.126
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.126
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.125
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.125
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.125
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.125
07050	Mortadella, beef, pork	28.35	1.0 oz	0.125
18060	Bread, rye	28.35	1.0 oz	0.125
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.125
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.124
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.124
08510	Milk and cereal bar	25.0	1.0 bar	0.124
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.124
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.124
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.124
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.124
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.123
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.123
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.123
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.123
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.123

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.123
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.123
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.123
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.122
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.122
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.122
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.122
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.122
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.122
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.122
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.122
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.122
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.122
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.122
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.122
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.122
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.122
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.121
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.121
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.121
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.121
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.121
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.121
11203	Cress, garden, raw	50.0	1.0 cup	0.121
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.121
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.121
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.121
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.121
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.121
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.120
01038	Cheese, romano	28.35	1.0 oz	0.120
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.120
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.120
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.120
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.119
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.119
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.119
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.119
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.119
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.119
18243	Croutons, seasoned	14.2	0.5 oz	0.119
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.119
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.119
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.118
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.118
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.118
18355	Sweet rolls, cheese	28.35	1.0 oz	0.118
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.118
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.118
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.118
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.118
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.117
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.117
01010	Cheese, cheshire	28.35	1.0 oz	0.117
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.117
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.117
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.117
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.117
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.117
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.117
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.117
18177	Cookies, molasses	28.35	1.0 oz	0.117
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.116
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.116
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.116
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.116
01156	Cheese, goat, hard type	28.35	1.0 oz	0.116
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.116
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.116
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.116
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.116

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.116
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.116
07007	Bologna, beef	30.0	1.0 slice	0.116
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.115
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.115
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.115
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.115
11362	Potatoes, raw, skin	38.0	1.0 skin	0.115
18044	Bread, pumpernickel	28.35	1.0 oz	0.115
19194	Puddings, rice, dry mix	106.0	1.0 package	0.114
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.114
19415	Snacks, potato sticks	28.35	1.0 oz	0.114
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.114
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.114
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.114
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.114
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.114
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.114
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.114
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.114
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.114
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.114
18103	Coffeecake, cheese	28.35	1.0 oz	0.113
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.113
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.113
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.113
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.113
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.113
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.113
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.113
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.113
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.113
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.113
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.113
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.113

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.112
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.112
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.112
09433	Clementines, raw	74.0	1.0 fruit	0.112
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.112
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.112
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.112
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.112
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.111
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.111
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.111
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.111
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.111
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.111
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.110
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.110
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.110
01069	Cream substitute, powdered	94.0	1.0 cup	0.110
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.110
18047	Bread, raisin, enriched	28.35	1.0 oz	0.110
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.110
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.110
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.110
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.109
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.109
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.109
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.109
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.109
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.108
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.108
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.108
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.108
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.108
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.108
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.108
18172	Cookies, gingersnaps	28.35	1.0 oz	0.108

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.108
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.108
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.108
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.108
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.107
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.107
16130	Okara	122.0	1.0 cup	0.107
18033	Bread, italian	28.35	1.0 oz	0.107
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.107
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.107
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.107
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.107
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.107
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.107
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.107
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.106
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.106
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.106
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.106
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.106
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.106
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.106
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.106
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.106
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.106
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.106
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.105
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.105
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.105
11591	Watercress, raw	34.0	1.0 cup, chopped	0.105
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.105
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.105
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.105
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.105
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.105
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.105

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.105
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.105
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.105
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.104
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.104
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.104
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.104
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	0.104
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.104
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.104
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.104
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.104
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.104
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.104
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.103
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.103
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.103
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.103
18170	Cookies, fig bars	28.35	1.0 oz	0.103
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.103
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.103
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.103
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.103
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.103
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.103
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.103
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.103
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.103
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.103
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.103
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.103
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.102
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.102
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.102
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.102

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.102
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.102
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.102
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.102
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.102
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.102
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.102
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.102
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.102
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.102
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.101
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.101
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.101
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.101
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.101
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.101
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.101
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.101
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.101
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.100
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.100
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.100
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.100
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.100
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.100
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.100
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.100
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.100
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.100
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.100
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.100
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.100
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.100
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.100
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.100
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.100

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.100
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.099
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.099
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.099
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.099
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.099
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.099
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.099
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.099
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.099
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.099
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.098
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.098
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.098
01041	Cheese, tilsit	28.35	1.0 oz	0.098
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.098
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.098
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.098
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.098
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.098
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.098
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.098
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.098
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.098
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.098
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.097
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.097
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.097
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.097
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.097
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.097
18039	Bread, oatmeal	28.35	1.0 oz	0.097
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.097
01022	Cheese, gouda	28.35	1.0 oz	0.096
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.096
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.096

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.096
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.096
11161	Collards, raw	36.0	1.0 cup, chopped	0.096
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.096
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.096
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.096
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.096
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.096
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.096
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.096
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.095
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.095
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.095
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.095
11086	Beet greens, raw	38.0	1.0 cup	0.095
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.095
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.095
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.095
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.094
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.094
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.094
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.094
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.094
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.094
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.094
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.094
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.094
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.094
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.094
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.094
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.094
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.094
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.094
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.093
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.093

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.093
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.093
09437	Tamarind nectar, canned	251.0	1.0 cup	0.093
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.092
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.092
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.092
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.092
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.092
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.092
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.092
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.092
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.092
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.092
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.092
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.092
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.091
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.091
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.091
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.091
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.091
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.091
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.091
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.091
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.091
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.090
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.090
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.090
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.090
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.090
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.090
25059	Snacks, brown rice chips	9.0	1.0 cake	0.090
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.090
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.090
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.090

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.090
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.090
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.090
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.090
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.090
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.090
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.090
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.090
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.090
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.090
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.089
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.089
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.089
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.089
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.089
18061	Bread, rye, toasted	28.35	1.0 oz	0.089
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.089
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.089
07033	Ham and cheese spread	15.0	1.0 tbsp	0.088
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.088
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.088
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.088
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.088
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.088
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.088
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.088
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.088
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.088
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.088
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.088
15014	Fish, cisco, smoked	28.35	1.0 oz	0.087
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.087
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.087
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.087
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.087
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.086

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.086
18245	Danish pastry, cheese	28.35	1.0 oz	0.086
18224	Crackers, rusk toast	14.2	0.5 oz	0.086
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.086
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.086
18338	Phyllo dough	28.35	1.0 oz	0.086
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.086
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.086
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.085
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.085
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.085
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.085
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.085
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.085
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.085
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.085
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.085
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.085
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.085
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.084
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.084
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.084
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.084
18171	Cookies, fortune	28.35	1.0 oz	0.084
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.084
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.084
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.084
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.084
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.084
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.084
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.084
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.083
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.083

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.083
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.083
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.082
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.082
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.082
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.082
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.082
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.082
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.082
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.082
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.082
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.082
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.082
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.082
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.082
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.082
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.082
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.082
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.082
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.082
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.082
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.082
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.081
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.081
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.081
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.081
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.081
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.081
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.081
16107	Sausage, meatless	25.0	1.0 link	0.081
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.081
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.081
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.081
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.081
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.080
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.080

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18027	Bread, egg	28.35	1.0 oz	0.080
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.080
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.080
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.080
01018	Cheese, edam	28.35	1.0 oz	0.080
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.079
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.079
07026	Ham, chopped, canned	28.35	1.0 oz	0.079
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.079
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.079
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.079
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.079
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.079
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.079
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.079
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.079
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.079
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.079
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.079
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.079
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.079
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.079
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.079
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.079
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.079
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.078
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.078
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.078
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.078
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.078
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.078
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.078
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.078
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.078
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.077
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.077

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.077
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.077
11151	Chicory, witloof, raw	53.0	1.0 head	0.077
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.077
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.077
18354	Strudel, apple	28.35	1.0 oz	0.077
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.076
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.076
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.076
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.076
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.076
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.076
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.076
19349	Syrups, corn, dark	328.0	1.0 cup	0.075
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.075
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.075
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.075
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.075
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.075
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.075
01017	Cheese, cream	14.5	1.0 tbsp	0.075
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.075
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.075
19419	Snacks, corn cakes	9.0	1.0 cake	0.075
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.075
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.075
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.075
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.074
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.074
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.074
09299	Raisins, seeded	165.0	1.0 cup, packed	0.074
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.074
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.074
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.074

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.074
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.074
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.074
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.074
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.073
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.073
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.073
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.073
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.073
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.073
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.073
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.072
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.072
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.072
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.072
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.072
09084	Currants, red and white, raw	112.0	1.0 cup	0.072
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.072
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.071
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.071
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.071
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.071
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.071
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.071
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.071
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.071
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.071
06126	Gravy, turkey, dry	7.0	1.0 serving	0.071
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.071
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.071
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.071
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.070
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.070
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.070
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.070
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.070

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.070
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.070
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.070
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.069
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.069
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.069
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.069
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.069
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.069
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.069
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.069
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.069
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.069
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.069
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.069
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.069
09252	Pears, raw	140.0	1.0 cup, slices	0.069
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.068
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.068
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.068
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.068
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.068
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.068
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.068
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.068
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.068
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.068
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.068
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.068
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.067
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.067
18214	Crackers, cheese, regular	14.2	0.5 oz	0.067
09413	Pears, raw, red anjou	126.0	1.0 small	0.067
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.067
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.067
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.067

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.067
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.067
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.067
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.066
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.066
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.066
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.066
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.066
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.066
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.066
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.066
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.066
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.066
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.066
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.066
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.066
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.066
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.066
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.066
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.065
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.065
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.065
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.065
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.065
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.065
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.065
09085	Currants, zante, dried	144.0	1.0 cup	0.065
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.065
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.065
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.064
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.064
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.064
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.064
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.064
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.064

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.064
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.064
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.064
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.064
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.064
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.064
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.064
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.064
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.064
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.064
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.064
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.064
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.064
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.064
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.064
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.063
18217	Crackers, matzo, plain	14.2	0.5 oz	0.063
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.063
01124	Egg, white, raw, fresh	33.0	1.0 large	0.063
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.063
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.063
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.063
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.062
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.062
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.062
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.062
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.062
11147	Chard, swiss, raw	36.0	1.0 cup	0.062
18218	Crackers, matzo, egg	14.2	0.5 oz	0.062
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.062
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.062
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.062
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.061
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.061
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.061
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.061

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.061
18242	Croutons, plain	14.2	0.5 oz	0.061
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.061
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.061
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.061
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.061
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.061
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.060
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.060
11960	Carrots, baby, raw	15.0	1.0 large	0.060
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.060
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.060
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.060
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.060
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.060
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.060
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.060
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.060
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.060
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.060
11986	Malabar spinach, cooked	44.0	1.0 cup	0.059
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.059
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.059
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.059
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.059
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.059
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.059
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.059
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.059
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.059
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.059
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.059
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.058
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.058
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.058
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.058

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.058
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.058
18223	Crackers, milk	14.2	0.5 oz	0.058
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.058
02028	Spices, paprika	2.3	1.0 tsp	0.058
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.058
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.057
16112	Miso	17.0	1.0 tbsp	0.057
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.057
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.057
18028	Bread, egg, toasted	28.35	1.0 oz	0.057
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.057
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.057
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.057
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.056
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.056
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.056
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.056
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.056
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.056
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.056
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.056
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.055
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.055
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.055
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.055
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.055
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.055
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.055
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.055
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.055
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.055
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.055
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.055
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.055
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.055

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.055
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.055
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.055
11616	Dock, raw	133.0	1.0 cup, chopped	0.055
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.055
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.054
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.054
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.054
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.054
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.054
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.054
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.054
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.054
01008	Cheese, caraway	28.35	1.0 oz	0.054
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.054
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.054
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.053
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.053
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.053
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.053
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.053
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.053
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.053
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.053
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.053
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.053
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.053
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.053
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.053
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.053
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.052
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.052
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.051
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.051
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.051

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.051
07030	Ham, minced	28.35	1.0 oz	0.051
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.051
11954	Tomatillos, raw	34.0	1.0 medium	0.051
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.051
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.051
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.051
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.051
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.050
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.050
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.050
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.050
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.050
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.050
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.050
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.050
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.050
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.050
19117	Candies, halavah, plain	28.35	1.0 oz	0.049
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.049
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.049
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.049
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.049
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.049
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.049
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.049
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.048
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.048
16055	Carob flour	103.0	1.0 cup	0.048
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.048
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.048
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.048
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.048
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.048
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.048

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.048
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.048
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.048
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.048
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.048
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.047
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.047
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.047
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.047
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.047
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.047
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.047
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.047
07031	Ham salad spread	15.0	1.0 tbsp	0.047
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.046
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.046
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.046
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.046
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.046
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.046
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.046
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.046
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.046
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.046
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.046
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.046
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.045
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.045
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.045
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.045
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.045
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.045
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.045
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.045
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.045
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.044

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.044
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.044
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.044
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.043
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.043
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.043
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.043
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.043
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.043
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.043
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.043
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.043
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.043
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.042
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.042
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.042
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.042
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.042
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.042
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.042
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.042
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.042
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.042
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.041
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.041
19300	Jellies	21.0	1.0 serving 1 tbsp	0.041
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.041
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.041
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.041
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.041
19366	Toppings, pineapple	340.0	1.0 cup	0.041
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.041
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.041
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.041
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.041
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.041

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.041
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.040
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.040
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.040
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.040
16129	Tofu, fried	28.35	1.0 oz	0.040
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.040
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.040
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.040
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.039
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.039
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.039
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.039
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.039
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.039
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.038
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.038
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.038
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.038
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.038
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.038
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.038
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.038
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.038
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.038
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.037
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.037
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.037
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.037
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.037
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.037
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.037
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.037
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.037
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.037
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.036

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.036
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.036
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.036
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.036
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.036
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.036
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.036
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.036
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.036
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.036
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.035
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.035
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.035
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.035
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.035
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.035
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.035
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.035
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.034
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.034
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.034
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.034
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.034
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.034
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.034
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.034
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.034
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.034
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.034
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.034
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.034
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.034
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.034
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.034
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.034

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.034
19018	Fruit syrup	334.0	1.0 cup	0.033
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.033
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.033
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.033
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.033
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.033
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.033
11974	Grape leaves, raw	14.0	1.0 cup	0.032
18323	Pie, peach	28.35	1.0 oz	0.032
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.032
11522	Taro shoots, raw	43.0	0.5 cup slices	0.032
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.032
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.032
12071	Nuts, almond paste	28.35	1.0 oz	0.032
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.032
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.032
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.032
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.032
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.032
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.032
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.031
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.031
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.031
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.031
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.031
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.031
19312	Pie fillings, apple, canned	74.0	0.125 can	0.031
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.031
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.031
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.031
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.031
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.031
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.031
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.031

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.031
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.031
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.030
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.030
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.030
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.030
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.030
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.030
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.030
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.029
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.029
09216	Orange peel, raw	6.0	1.0 tbsp	0.029
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.029
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.029
20133	Rice noodles, dry	57.0	2.0 oz	0.029
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.029
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.029
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.029
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.029
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.029
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.029
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.029
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.028
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.028
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.028
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.028
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.028
06150	Sauce, barbecue	17.0	1.0 tbsp	0.028
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.028
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.028
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.028
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.028
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.027
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.027
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.027
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.027

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.027
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.027
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.027
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.027
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.026
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.026
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.026
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.026
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.026
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.026
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.026
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.026
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.026
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.026
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.026
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.026
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.026
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.025
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.025
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.025
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.025
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.025
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.025
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.025
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.025
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.025
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.025
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.025
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.025
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.025
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.025
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.025
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.025
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.025
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.025
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.025

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.025
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.024
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.024
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.024
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.024
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.024
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.024
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.024
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.024
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.024
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.024
02009	Spices, chili powder	2.7	1.0 tsp	0.024
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.024
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.024
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.024
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.024
11190	Cornsalad, raw	56.0	1.0 cup	0.024
11520	Taro leaves, raw	28.0	1.0 cup	0.024
18952	Tostada shells, corn	12.3	1.0 piece	0.023
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.023
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.023
02020	Spices, garlic powder	3.1	1.0 tsp	0.023
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.023
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.023
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.023
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.022
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.022
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.022
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.022
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.022
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.022
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.022
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.022
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.022
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.022
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.022

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.022
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.022
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.022
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.022
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.022
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.022
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.021
02015	Spices, curry powder	2.0	1.0 tsp	0.021
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.021
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.021
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.021
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.021
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.021
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.021
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.021
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.021
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.021
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.021
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.021
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.021
11231	Jute, potherb, raw	28.0	1.0 cup	0.020
19137	Toppings, strawberry	42.0	2.0 tbsp	0.020
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.020
19081	Candies, sweet chocolate	28.35	1.0 oz	0.020
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.020
15109	Fish, surimi	28.35	1.0 oz	0.020
16158	Hummus, commercial	15.0	1.0 tbsp	0.020
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.020
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.020
11457	Spinach, raw	30.0	1.0 cup	0.020
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.019
20134	Rice noodles, cooked	176.0	1.0 cup	0.019
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.019
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.019
09156	Lemon peel, raw	6.0	1.0 tbsp	0.019
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.019

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.019
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.019
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.019
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.019
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.018
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.018
11003	Amaranth leaves, raw	28.0	1.0 cup	0.018
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.018
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.018
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.018
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.018
02026	Spices, onion powder	2.4	1.0 tsp	0.018
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.017
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.017
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.017
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.017
16122	Soy protein isolate	28.35	1.0 oz	0.017
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.017
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.017
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.017
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.017
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.017
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.016
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.016
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.016
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.016
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.016
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.016
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.016
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.016
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.016
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.016
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.016
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.016
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.016

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.016
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.016
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.016
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.016
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.015
11427	Purslane, raw	43.0	1.0 cup	0.015
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.015
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.015
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.015
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.015
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.015
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.015
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.015
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.015
11145	Celtuce, raw	8.0	1.0 leaf	0.015
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.015
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.015
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.015
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.015
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.015
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.014
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.014
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.014
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.014
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.014
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.014
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.014
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.014
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.014
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.014
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.014
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.014
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.014
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.014
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.014
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.014

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.013
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.013
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.013
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.013
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.013
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.013
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.013
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.012
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.012
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.012
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.012
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.012
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.012
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.012
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.012
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.012
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.012
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.012
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.012
06114	Gravy, au jus, canned	59.0	0.25 cup	0.012
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.012
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.011
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.011
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.011
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.011
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.011
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.011
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.011
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.011
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.011
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.011
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.011
02011	Spices, cloves, ground	2.1	1.0 tsp	0.011
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.011
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.010
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.010

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.010
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.010
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.010
11156	Chives, raw	3.0	1.0 tbsp chopped	0.010
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.010
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.010
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.010
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.009
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.009
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.009
19154	Candies, sesame crunch	28.35	1.0 oz	0.009
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.009
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.009
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.009
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.009
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.009
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.009
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.009
02033	Spices, poppy seed	2.8	1.0 tsp	0.009
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.009
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.009
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.009
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.009
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.009
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.009
11959	Arugula, raw	2.0	1.0 leaf	0.009
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.009
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.009
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.009
02021	Spices, ginger, ground	1.8	1.0 tsp	0.009
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.008
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.008
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.008
19294	Fruit butters, apple	17.0	1.0 tbsp	0.008
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.008

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.008
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.008
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.008
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.008
11935	Catsup	17.0	1.0 tbsp	0.008
11949	Catsup, low sodium	17.0	1.0 tbsp	0.008
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.007
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.007
19353	Syrups, maple	20.0	1.0 tbsp	0.007
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.007
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.007
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.007
02066	Spearmint, dried	0.5	1.0 tsp	0.007
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.007
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.007
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.007
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.006
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.006
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.006
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.006
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.006
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.006
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.006
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.006
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.006
02063	Rosemary, fresh	0.7	1.0 tsp	0.006
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.006
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.006
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.006
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.005
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.005
02029	Spices, parsley, dried	0.5	1.0 tsp	0.005

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.005
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.005
02044	Basil, fresh	2.5	5.0 leaves	0.005
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.005
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.005
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.005
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.005
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.005
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.005
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.005
43026	Syrups, sugar free	240.0	1.0 cup	0.005
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.005
02055	Horseradish, prepared	5.0	1.0 tsp	0.005
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.004
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.004
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.004
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.004
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.004
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.004
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.004
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.004
11216	Ginger root, raw	2.0	1.0 tsp	0.004
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.004
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.004
19297	Jams and preserves	20.0	1.0 tbsp	0.004
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.004
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.004
02045	Dill weed, fresh	1.0	5.0 sprigs	0.004
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.004
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.004
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.004
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.004
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.004
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.004
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.004

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.004
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.004
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.004
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.004
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.004
02049	Thyme, fresh	0.8	1.0 tsp	0.003
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.003
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.003
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.003
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.003
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.003
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.003
19303	Marmalade, orange	20.0	1.0 tbsp	0.003
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.003
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.003
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.003
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.003
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.003
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.003
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.003
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.003
11022	Balsam-pear (bitter melon), leafy tips, raw	4.0	1.0 leaf	0.003
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.002
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.002
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.002
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.002
02054	Capers, canned	8.6	1.0 tbsp, drained	0.002
19107	Candies, hard	28.35	1.0 oz	0.002
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.002
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.002
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.002
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.002
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.002
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.002
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.002
02050	Vanilla extract	4.2	1.0 tsp	0.001
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.001
19340	Sugars, maple	3.0	1.0 tsp	0.001
11984	Epazote, raw	0.8	1.0 tbsp	0.001
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.001
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.001
11943	Pimento, canned	12.0	1.0 tbsp	0.001
19070	Candies, butterscotch	28.35	1.0 oz	0.001
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.001
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.001
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.001
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.001
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.001
19108	Candies, jellybeans	11.0	10.0 small	0.001
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.001
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.001
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.001
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.001
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.001
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.001
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.001
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.001
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.000
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.000
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.000
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.000
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.000
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.000
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.000
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.000
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
27066	Sauce, horseradish	5.6	1.0 tsp	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.000
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.000
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
20027	Cornstarch	128.0	1.0 cup	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04002	Lard	12.8	1.0 tbsp	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.000
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Pantothenic acid(mg) Per Measure
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
27064	Wasabi	20.0	1.0 tablespoon	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
02047	Salt, table	6.0	1.0 tsp	0.000
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.000
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.000
19163	Chewing gum	3.0	1.0 stick	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.000
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000